


A WORD FROM THE EXPERTS

¡Cuidate!

Interviews with Developers of Evidence-Based
Programs for Teen Pregnancy Prevention





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*Inclusion on the HHS Teen
Pregnancy Prevention Evidence
Review does not indicate HHS or
OAH endorsement of a program
model.*



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Program goal:

- Influence attitudes, beliefs, and self-efficacy regarding safer sex behaviors

Target population:

- Latino youth ages 13 to 18 years old; mixed gender

Key components:

- Use of salient aspects of Latino culture to frame abstinence and condom use as culturally accepted

and effective ways to prevent unintended pregnancies, STI's – including HIV.

- Modeling and practicing effective use of condoms
- Building skills in problem solving, negotiation of safer-sex and refusal of unsafe sex

Delivery methods:

- Highly participatory, interactive small groups

Previous evaluation results

■ Study #1

- ✓ Population: Urban Latino adolescents (ages 13 to 18 years);
- ✓ Findings: Participants were significantly less likely to report sexual intercourse and multiple partners, reported fewer days of unprotected sexual intercourse, and were more likely to report using condoms consistently.



■ Study #2

- ✓ Population: Urban Mexican adolescents (ages 13 to 18 years)
- ✓ Findings: Participants had higher intentions to use condoms and birth control and at 48 months were more likely to be older at age of first intercourse and to use condoms

■ Numerous program evaluations

- ✓ Population: Latinos – urban, rural, multiple Latino subgroups
- ✓ Findings: Program acceptability, feasibility, evidence of safe sex outcomes

Target population

■ Evaluated populations

- Mostly Puerto Rican Latino youth ages 13 to 18 years old
- Mexican youth
- Mixed gender
- English and Spanish dominant language speakers

■ Target populations

- Middle and high school youth in grades 7 to 12
- Urban
- Limited resource communities



- Evaluated settings
 - Saturday program serving neighborhood
 - Youth recruited from community-based organizations and school
- Other settings
 - Schools
 - After school programs
 - Community-based youth serving organizations



■ Potential adaptations

○ Cultural relevance

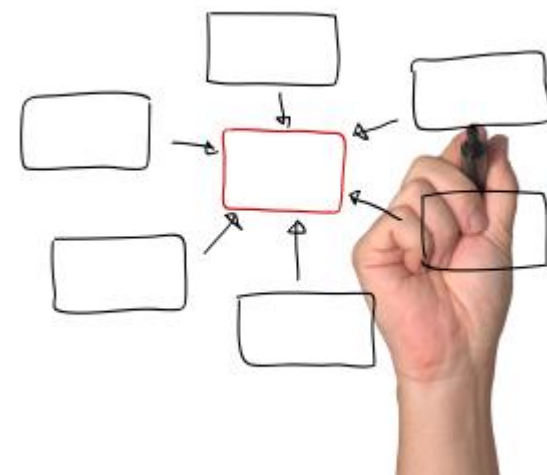
- Multiple Latino subgroups
- English or Spanish

○ Target population

- Latino youth
- Sexual experiences of the youth (e.g. more information on contraceptives)

○ Other

- Six 1 hour modules can be delivered or a minimum of 2 days.
- Number of participants
- Number of facilitators



Note: TPP grantees must obtain prior approval from OAH for any adaptations.

Staffing and training considerations

■ Staffing considerations

○ Number

- 2 facilitators (one to serve as back-up)
- Support staff (e.g. admin. assistant)

○ Experience/background

- Comprehensive understanding of Latino culture, the developing sexual needs of youth, and the relevance of HIV/AIDS, STD, and pregnancy for Latino youth

○ Required/recommended skills

- Formal training on the curriculum
- Ability to work with youth and demonstrate correct condom use techniques.

■ Training considerations

- Facilitator training (2.5-3 days)
- Designed to develop skills in effectively training the curriculum
- Several national trainers (e.g. Jemmott Innovations Group, John Snow Institute/JSI and Healthy Teen Network)

- Common challenges
 - Condom use demonstration in school settings
 - Not all participants are Latino
- Strategies for success
 - Meetings with school boards and principals – what are the issues?
 - Majority of participants should be Latino; need to build inclusivity



Recent or planned revisions

- Recent or planned curriculum revisions
 - Revised in 2010 (English version only)
 - No planned revisions

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=273&mid=1>
- **Link to developer's website**
 - <http://www.selectmedia.org/programs/cuidate.html>

Thank you!

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